



Guided Meditation for Matthew 3:13-17

Getting Ready

Explain to the students that you are going to lead them through a guided meditation, which is a form of prayer. You will share with them a story from scripture. While they listen, they are to imagine themselves in the story.

Invite the students to sit comfortably with their eyes closed. Remind them that they must remain silent until the end of the meditation.

You might like to play quiet instrumental music. The music will help make any noise outside of the room less distracting.

The Script

Imagine yourself sitting or standing along the banks of the Jordan River. From the river valley, you see the mountains rise in the distance.

Many people have gathered. They have all come to see John the Baptist. Some have come to be baptized. Others are curious and have come to listen and watch.

You notice a man walking down the hill toward the river. You know that he must be Jesus. He has come to John at the Jordan River to be baptized.

Jesus winds his way through the crowd and approaches John to be baptized. John says, "I need to be baptized by you, and yet you are coming to me?"

Jesus says to him in reply, "Baptize me, for it is fitting for you to do so."

John baptizes Jesus. As Jesus comes up from the water, the heavens open. The Spirit of God descends like a dove upon Jesus. A voice from heaven says, "This is my beloved Son, with whom I am well pleased."

- What exactly do you see?
- How does seeing all this make you feel?
- What do you think happens next?

Closing

After a moment, invite the students to open their eyes. Encourage them to write down what they saw and how they felt. Turn off the instrumental music after all the students have finished writing.